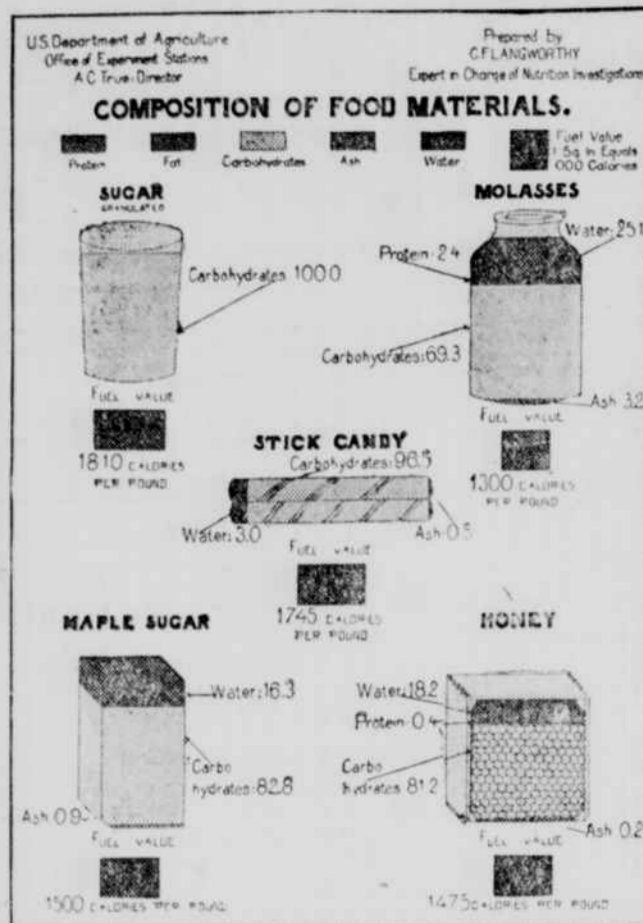


ARE YOU GIVING YOUR CHILD THE FOOD HE NEEDS?



The eleventh article in The Tribune's series of lessons in mothercraft.

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PURIN bodies are found only in some protein foods. Purins are uric acid forming. The poisons of purins are believed to be productive of gout, rheumatism, migraine and periodic headaches, bilious attacks, catarrhs, neurasthenia and general ill health of an indefinite nature.

Foods containing high per cent purins.	Foods containing low per cent.	Purin-free foods.
Sweetbreads Liver Kidney Beef Pork Chicken Veal Salmon Halibut Mutton	Peas Potatoes Onions Carrots Turnips Cauliflower Spinach Dates Figs Codfish Flounder	Milk Cheese Butter Rice Lentils Macaroni Sugar Tapoca Gauldiner Cabbage Lettuce Strawberries

ACID-FORMING AND ALKALI-FORMING FOODS.

The blood contains some acids and some alkalis.

For Physical Efficiency the Blood Must Contain a Slight Excess of Alkali, To Be Supplied by Certain Fruits and Vegetables—Objections to Meat for Children—Comparative Values of Meat and Milk.

TABLE FOR HOURS OF FEEDING.

AGE.	NO. FEEDINGS.	INTERVALS.	HOURS.
9 to 18 months	4-5	4 hours	6 and 10 a. m.; 2, 6 and 10 p. m.
18 to 24 months	4	4 hours	6 and 10 a. m.; 2 and 6 p. m.
2 to 3 years	4	4 hours	6 and 10 a. m.; 2 and 6 p. m.
3 to 9 years	3	4 1/2 hours	7:30 a. m. and 12 and 5 p. m.
After 9 years	3	5-5 1/2 hours	7:30 a. m. and 12 and 6 p. m.

Quantity. Cal's. Prot. Fat. Chl. Lime. Phos. Iron.
Beef juice, 14.1 oz. 100 125 24 — 0.15 46 0.03
Milk, 14.1 oz. 276 131 159 20 649 832 0.009

The equal quantity of milk gives:

176 more calories (nearly three times as much).
6 grams less of protein (two-thirds as much).
13 grams more of fat (seven times as much).
20 grams more of carbohydrate (meat none).
63 gram more of lime (forty times as much).
37 gram more of phosphorus (twice as much).
0.021 gram less of iron (one-third as much).

The meat, at 22 cents a pound, costs 77 cents; the milk, at 10 cents a quart, costs five cents. One pound of meat will give little more than one-fourth of this food value; one ordinary serving (two ounces) only 3 per cent of the above values.

Protein in easily digested and more advantageous form is supplied by milk, eggs, whole cereals and grains, peas, nuts (ground); fats in cream, butter, olive oil, nuts; minerals in milk, eggs, whole grains and cereals and vegetables.

SUGAR A FUEL.

Sugar is a concentrated form of food fuel. Children need much of fuel foods, but this can be given in the form of fats and starches as well as sugar. Sweet easily spoils the appetite for plain, more wholesome foods and gives a sense of sufficiency before the needs of the body have been satisfied. Children whose taste has been spoiled by sweetened food are more likely to show a distaste for wholesome vegetables. Sugar taken between meals or in excess at meals is irritating to the sensitive lining of the stomach. It is not digested in the stomach, and when taken in excess it is liable to ferment there,

causing indigestion, and when taken with other acid-forming foods, as cereal, bread or milk, it is especially unfavorable. The peevishness and irritability of children after an overdose of candy are very likely due to the indigestion and the hyperacidity of the blood, which irritates the nerves.

Cane sugar and candy lack the mineral matter found with sugar in the natural syrups, fruits and vegetables. The necessary amount (and it is small) of sugar should therefore be given to the children in the form of fruits at the close of the midday meal. It adds to the child's efficiency and contentment not to have candy or ice cream under four years of age, and he will thrive without them until six years. When allowed they should be given only as a dessert at the close of dinner.

WHOLESALE SWEETS.

Natural sugars.
Honey
Maple syrup

Sweet fruits.
Oranges
Apples
Peaches
Plums
Seedless grapes
Dates
Figs
Seedless raisins
Prunes

Simple, pure candy (after three years).
Molasses candy
Peppermint wafers
Milk chocolate
Barley sugar
Simple homemade cake (after three years).
Sponge cake
Gingerbread
Molasses cookies
Sugar cookies

LAXATIVE FOODS.

Figs
Dates
Prunes
Oranges
Apples
Raisins
Peaches
Plums
Rhubarb
Grapes
Spinach
Onions
Whole wheat cereals
Whole wheat bread
Whole wheat crackers
Rum raisins
Peanut butter
Gingerbread
Molasses
Honey
Olive oil
Water

Water should be given regularly between meals. The heaviest meal should come in the middle of the day. The supper should be a light meal of easily digested food. Until two years old children may have their light supper just before they are put to bed; from two to three years give supper a half hour before bedtime; from three to eight years an hour before bedtime, and after eight years two or three hours before bedtime. During sleep the digestive system is relatively inactive.

In making menus observe the following principles:
Combine foods that taste well together, as would be done in preparing a menu for adults. Give few foods at one meal, from three to six. Provide the widest possible variety from day to day. Avoid the following combinations at one meal: Milk with acid, as apple sauce, baked apple, fruit juices or tomato; one food repeated, as potato soup and baked potato, or codfish and custard; all solid or liquid foods; all dishes requiring long preparation.

THE CRUISE of the NOAH'S ARK

by David Cory



CHAPTER IX.

"We're off, we're off, we're off again
To sail upon the rolling main.
The ice no longer holds us fast,
We're sailing safe and free at last!"

THIS is what the weathercock sang loud and clear the next morning. It awoke Marjorie, and, running to the window, she saw that they were once more upon the ocean blue.

"How did it happen?" she asked, turning to her faithful friend on the flagpole, who was still cawing and flapping his wings at a great rate. "How did it all happen?" she repeated.

"While you were asleep, my dear little girl," he replied.

"I didn't ask you when," she answered; "I asked you how."

"You'd better not ask me any more questions," he replied quickly. "You just better hurry up and dress and ask Captain Noah what he is going to do about the castaways."

"The what?" asked Marjorie.

"The castaways. The two polar bears who are still on the iceberg."

"Oh, oh, oh!" gasped Marjorie. "I'll hurry and dress. I must tell Captain Noah at once."

In a few minutes she was rushing down the stairs. "Captain Noah! Captain Noah!" she screamed excitedly. "Captain Noah, the bears are left on the iceberg!"

The captain, who had overslept himself, put his head out of the bedroom door.

"What is all this excitement about?" he inquired sleepily.

"The bears are left on the iceberg!" screamed Marjorie.

"Well, that's all right. I told them they could stay out all night. They will come aboard for breakfast, no doubt."

"They can't! They can't!" cried Marjorie, now almost in tears. "The Ark is afloat again and we are sailing away."

"Blubber and blubber!" ejaculated the captain, rubbing his head quickly. "Mother!" he cried excitedly. "The Ark's afloat and two of our passengers are still ashore!"

Mrs. Noah opened her eyes. "What did you say, my dear?" she asked sleepily.

The captain had drawn on his sailor suit by this time. "I'll be back in a minute," he called back closing the door with a bang and rushing out on

deck. Marjorie followed him. In the distance the iceberg could be seen indistinctly through the morning mist. And the morning breeze was carrying them further and further away.

"Hard-a-port!" yelled Captain Noah.

Mr. Noah, at the wheel, turned with a start. The previous day's work had been so severe that he had fallen asleep at his post. Mechanically he seized the helm and obeyed instructions.

"You land-lubber!" exclaimed Captain Noah, coming up to him. "What do you mean by falling asleep?"

"This is the first time I've been a sailor before the mast," apologized Mr. Noah. "I've always been a passenger. Please don't get provoked."

"Provoked!" yelled Captain Noah, now thoroughly angry. "Provoked! I feel like throwing you overboard!"

"The Ark was slowly turning on her course."

"Point her dead on for the berg," commanded Captain Noah. "I won't throw you overboard until later."

Mr. Noah heaved a sigh of relief and grasped the tiller firmly. Marjorie pressed close to the railing, straining her eyes for a glimpse of the bears. The three Noah boys now came on deck, and Ham handed the spyglass to his father.

"I see them! I see them!" cried Captain Noah. "One of them is waving a flag!"

"Let me look," begged Marjorie, wild with excitement.

Yes, there they were. On the top of the berg she could distinguish two figures and a small white object waving up and down. The sea was becoming rougher and the Ark rolled about in a most uncomfortable manner. The weathercock clung stoutly to his post, however.

"Hurry up!" yelled the polar bears; "we're nearly starved. We want our breakfast!"

"Want your breakfast?" muttered Captain Noah under his breath. "You'll be wanting something more than your breakfast if we don't find a way to get you aboard!"

"Let them swim!" suggested Ham.

"Run up close and let them jump," advised Shem.

"Let them fly," chuckled Japheth unsympathetically, who was somewhat tired of feeding the animals and felt that two less mouths to feed would not be such an awful thing, after all.

"Nothing of the sort," cried Captain Noah. "I am responsible for the safety of every passenger. I will take no such chances."

"What are we going to do, then?" asked Mr. Noah, leaning over the tiller to make sure that the Ark was not getting too close to the ice, which jutted out dangerously underneath the water.

"Launch the lifeboat," commanded Captain Noah, with determination. "Who will volunteer?"

"I will," cried Ham. Two of the monkeys came on deck at this moment. "We will, too," they cried. They were the two whom Ham had taught to wrestle, and were very fond of him.

Ham carefully lowered the boat and the monkeys took their seats. "Shove off!" commanded Cockswain Ham, and with a strong pull and a loud "Ye-ho!" the little boat shot away. Ham held firmly to the tiller and kept the bow pointed toward the big rollers, while the monkeys handled the oars.

"Pull for the shore, sailor, pull for the shore!" sang Marjorie, encouragingly.

The bears had slid down the iceberg close to the water's edge, and stood breathlessly awaiting the coming of the lifeboat.

"Careful, now," cried Ham. "Pull on your starboard oar." The boat grazed the berg.

"Jump!" cried Ham. "Quick!" One of the bears made a spring and landed in the boat safely. His mate, however, slipped as he was about to spring, and a big roller at that moment whirled the boat away from the ice. With a loud "clash," the bear landed in the angry sea.

"Throw out a life preserver!" yelled Captain Noah.

"Throw him a lifeline!" cried Shem.

"Throw him the anchor!" said Japheth, who, I must say, was most unsympathetic under the circumstances. But Cockswain Ham was equal to the occasion. Leaving the tiller for a moment, he leaned over the side of the boat and seized hold of the bear, who arose to the surface at that moment.

"Pull for all you're worth to the Ark!" Ham commanded, "we'll tow Brother Bear. Here, you hold on to him," he yelled to the other bear, who had now regained his equilibrium, and was sitting upright in the bottom of the boat. It was a trying ordeal for all concerned. The waves washed over the little boat continually, and being hampered by the weight of the bear in the water, as well as the one in the boat, the monkeys found it difficult to make much headway.

"They'll be swamped!" screamed Marjorie, as a big wave dashed over the lifeboat.

"Bail, bail, you lubber!" yelled Ham to the bear in the boat. "Let that lazy fellow hang on by himself. We'll all be in Davy Jones's locker if you don't." At last they came alongside the Ark. Captain Noah in the meantime had let down the rope ladder, and the bears after three or four ineffectual efforts managed to grasp the ropes and scramble up on deck. After which, the gallant crew and Cockswain Ham came aboard and the boat was hoisted up.

The bear who had been in the water was nearly overcome with cold and fright, and was immediately taken in charge by motherly Mrs. Noah, who soon had his feet in a hot mustard bath. After a hot drink of coffee he began to feel quite himself, much to the relief of all concerned.

"Well, this beats the old days all hollow!" ex-

A LITTLE MATTER OF PREPAREDNESS

By Sidonie Matzner Gruenberg.

IT was a very informal luncheon at grandmother's, and only a very few uncles and cousins were there besides father and mother. When they had their hats and wraps on and were ready to go home everybody knew what the further plans were—everybody, that is, except Hilda, three years old. No one took the pains to tell her, for no one thought that it would make any difference. So it happened that the child, always ready for some new excitement, was not prepared for what happened.

The whole party got aboard a car. At one of the stops the mother suddenly rose up, bade a hurried farewell to the rest, and taking the little girl by the hand, stepped off the car. This all happened so quickly that it was only after the excitement had subsided that Hilda noticed the absence of her father.

"Where is father?" she asked, feeling that something was amiss. With her eyes fixed on the receding car, and her mind bewildered, it was no easy matter to reassure her and to explain that everything was running smoothly according to schedule—for the schedule was unknown to her. It took some time to re-establish her equanimity; fortunately there was no demonstration, no "scene," although it was apparent that the child was distressed.

It would have taken very little effort earlier in the day to take the child into the confidence of the elders to the extent of informing her that she would go home with mother, while

father went on with the other relatives. We do not, however, ordinarily take the young children into our confidence to that extent; and as a consequence we frequently suffer the embarrassment that comes from their being taken unawares in a perfectly innocent situation.

There was the time when Miss Guimp made her formal afternoon call, with her deaf aunt. You knew they were coming, and you had everything about the house in perfect condition to make just the right impression. And you had told your daughter, because you rather expected her to come in casually and make her impression. But you had not told Richard, thinking him to be too young to inspect the guests and too insignificant to be shown off. So you were unnecessarily annoyed when the young rascal burst into the house like a Cossack and demanded to know whether he might have a banana.

You heard his voice even before the door banged, and you made a move toward the hall in the hope of diverting and silencing him. But his agility got the better of you, and he was in the sitting room with his disheveled head and dirty hands before you had time to complete your plans.

There is no use scolding him now for making such an exhibition of himself. He has burst into the house as noisily many a time before. And you have frequently answered his distant calls through the whole length or depth of the house. He is not to blame because you happened to have particular visitors on this day, and you happened to want everything nice and quiet. Indeed, you owe him an apology for permitting disconcerting strangers to come into his home without his knowledge under circumstances that force him to make a spectacle of himself. If you had only told him! He would have been very glad to walk into the house quietly and

and again, with the banana or the bread-and-jam, and never have disgraced you. Or he would have been willing, if not exactly glad, to come in quietly and "sneak up" a bit, to meet the visitors with suitable decorum, if you had only told him.

The child is entitled to know when some-

thing out of the ordinary is to happen in his immediate surroundings. He is not prepared through his experience or his philosophy to meet every situation with perfect poise. He should be prepared, so far as possible, by definite information that is likely to call forth, for the time being, an attitude of mind suitable for the occasion.

You sometimes have unexpected guests but we usually know when some one is coming to the house to share a meal with the family. If the children know, a few words will be likely to save a great deal of the sort of thing that is harmless enough, but rather not seen in our own children in the presence of outsiders.

The visit of a dressmaker to the house is usually not unexpected, and commonplace enough. Yet Julia and Ralph were both disturbed when they found the stranger in the midst of a mess when they came home to lunch one day. They both had a great deal to talk about. They were going to have an exhibit at the school. But the presence of the unexpected person acted as a damper upon the spirits. The children do not react such unexpected happenings, they have no ill feeling toward the strangers that happen to be involved; but unconsciously they feel that things are not right.

Very few adults are able to keep their heads when taken by surprise. And it does not seem to matter much whether the surprise is serious or trivial. We must recognize that for children an considerable disturbance in the accustomed routine is likely to disconcert them out of proportion to the importance of the incidents. There is enough of the unavoidable and the unexpected to provide whatever exercise the children may need in retaining their equanimity in novel circumstances. We should do what we can to make the exceptional familiar through anticipation in thought, by taking them into our confidences in all matters pertaining to the daily affairs of the family. This will not only help to prepare them against being confused and annoyed—at critical times; it will also furnish an additional bond of sympathy and understanding between parents and children.



"Julia and Ralph were both disturbed when they found the stranger in the midst of a mess."

(To be continued.)